KNOW THE FACTS: SERIES II

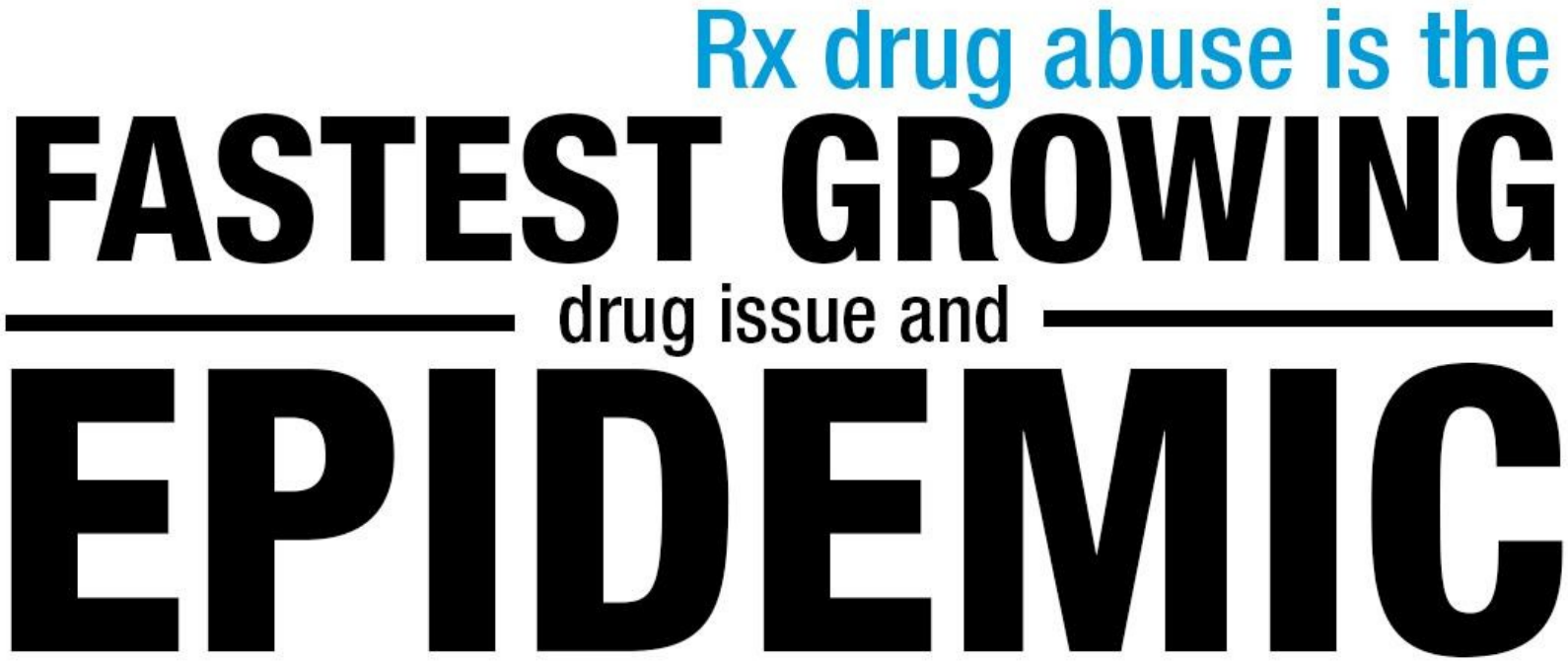
Trends and Facts on Prescription Drug Abuse

PRESCRIPTION FOR DISCHARGE

Zero Tolerance. Infinite Risk.

This document is confidential and is intended solely for the use and information of the party to whom it is addressed.

How big is the problem?



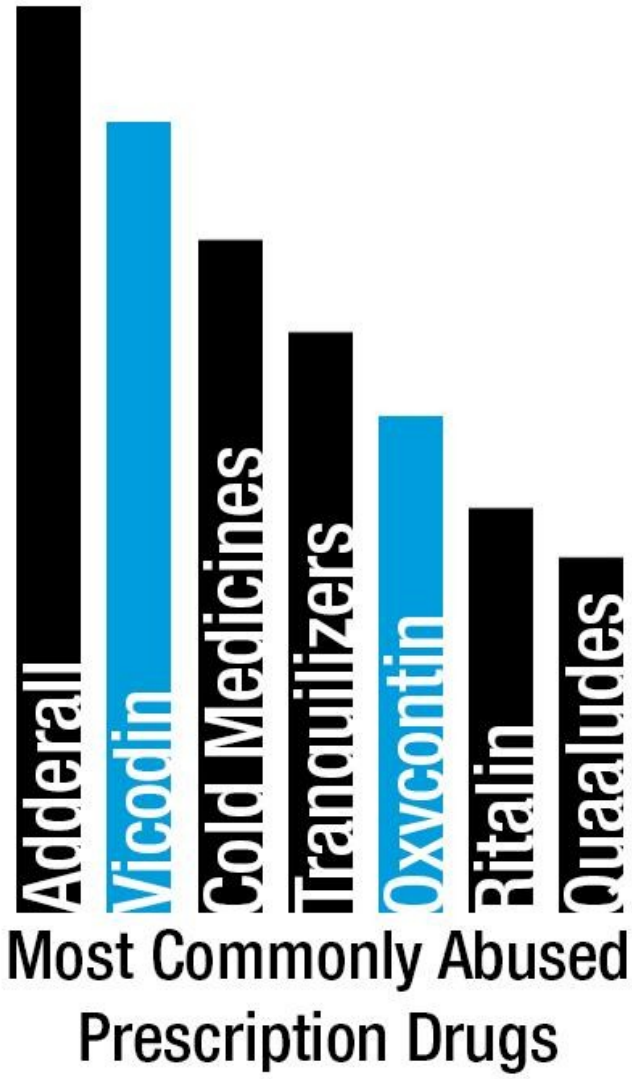
- The Centers for Disease Control and Prevention (CDC) classifies prescription drug abuse as the fastest growing drug issue and epidemic in the nation
- According to the CDC, as of 2009 in the U.S., more people die each year from drug overdoses than car accidents

Misuse, Abuse & Addiction

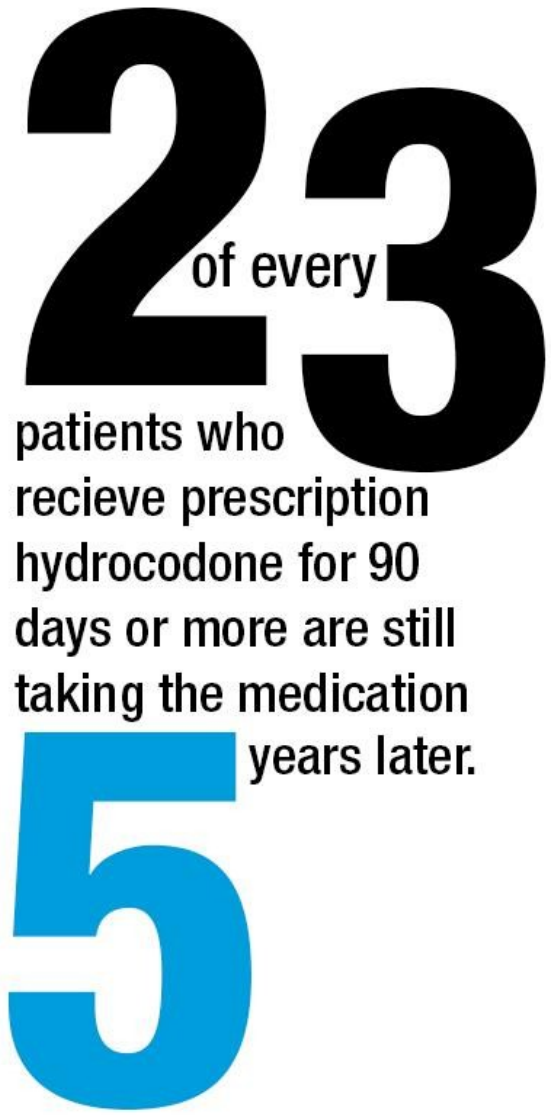
- Both prescription and over-the-counter drugs should be taken cautiously and only in accordance with directions
- Dosage may depend on factors that only doctors are trained to assess (e.g., personal health factors, potential for abuse and addiction, family history, etc.)
- Consuming prescription drugs in ways other than as prescribed by your doctor puts you at risk for addiction and abuse

Commonly Abused Prescription Drugs

- Opioids such as Vicodin and Oxycontin are the most commonly abused prescription drugs in the Navy
- Opioid painkillers are often prescribed to Sailors due to the high level of physical and mental stress put on the body during trainings and while on duty
- Being prescribed a painkiller increases the likelihood of abuse. Even those with legitimate prescriptions can easily become addicted if not taking their meds as directed
- Sailors report abusing stimulants such as Adderall to help them focus or stay awake



Opioid Addiction


2 of every 3
patients who recieve prescription hydrocodone for 90 days or more are still taking the medication
5 years later.

- Painkillers can be extremely addictive if taken for too long
- The body can build up a tolerance to painkillers. This makes it extremely important to talk with your doctor about your dosage and how to manage your pain
- Never take more of your medication than was prescribed to you. Should you feel that the prescription needs to be changed, immediately call your doctor

Where are people getting these drugs?

- Sailors have reported getting prescription drugs from friends and family members
- Sharing prescription medications with others is illegal and dangerous
- Prescription drugs react differently when taken by those who were not prescribed the drug and could lead to an accidental overdose and many other health risks

More Abusers Every Day

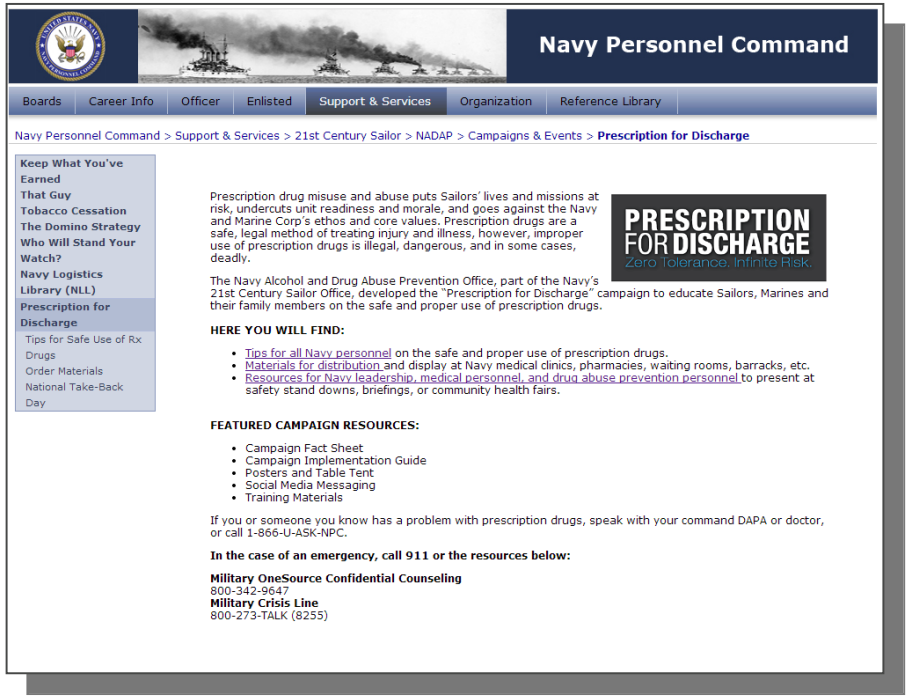
- More and more people are making the decision to abuse prescription drugs each day
- While the amount of DUI's and alcohol-related car accidents have decreased in the past 5 years, prescription drug abuse has increased

Series II: Review

- Opioid painkillers are the most frequently abused prescription drugs in the Navy
- Prescription drug abuse is a rapidly growing issue that has turned into the largest drug epidemic in the nation
- Several thousand people begin abusing prescription drugs each day
- Friends and family members most frequently provide both Sailors and civilians with prescription drugs for abuse
- To avoid abusing prescription drugs, be sure to never share your medications, dispose properly, and only take as prescribed by your doctor

Prescription for Discharge Website

- You can visit www.nadap.navy.mil to learn more about the Prescription for Discharge campaign
- On the site you can visit the following pages to learn more and download campaign materials:
  - Tips for safe Rx Use
  - Order Materials
  - National Take-Back Day
- **In the case of an emergency, call 911 or the resources below:**
  - **Military OneSource Confidential Counseling**
    800-342-9647
  - **Military Crisis Line**
    800-273-TALK (8255)


Navy Personnel Command
Boards
Career Info
Officer
Enlisted
Support & Services
Organization
Reference Library
Navy Personnel Command > Support & Services > 21st Century Sailor > NADAP > Campaigns & Events > Prescription for Discharge
Keep What You've Earned
That Guy
Tobacco Cessation
The Domino Strategy
Who Will Stand Your Watch?
Navy Logistics Library (NLL)
Prescription for Discharge
Tips for Safe Use of Rx Drugs
Order Materials
National Take-Back Day
Prescription drug misuse and abuse puts Sailors' lives and missions at risk, undercuts unit readiness and morale, and goes against the Navy and Marine Corp's ethos and core values. Prescription drugs are a safe, legal method of treating injury and illness, however, improper use of prescription drugs is illegal, dangerous, and in some cases, deadly.
PRESCRIPTION FOR DISCHARGE
Zero Tolerance. Infinite Risk.
The Navy Alcohol and Drug Abuse Prevention Office, part of the Navy's 21st Century Sailor Office, developed the "Prescription for Discharge" campaign to educate Sailors, Marines and their family members on the safe and proper use of prescription drugs.
HERE YOU WILL FIND:
Tips for all Navy personnel on the safe and proper use of prescription drugs.
Materials for distribution and display at Navy medical clinics, pharmacies, waiting rooms, barracks, etc.
Resources for Navy leadership, medical personnel, and drug abuse prevention personnel to present at safety stand downs, briefings, or community health fairs.
FEATURED CAMPAIGN RESOURCES:
Campaign Fact Sheet
Campaign Implementation Guide
Posters and Table Tent
Social Media Messaging
Training Materials
If you or someone you know has a problem with prescription drugs, speak with your command DAPA or doctor, or call 1-866-U-ASK-NPC.
In the case of an emergency, call 911 or the resources below:
Military OneSource Confidential Counseling
800-342-9647
Military Crisis Line
800-273-TALK (8255)